

FIT CITY MONTHLY CHALLENGE – APRIL

Measure Your Waist to Determine Your Risk for Diabetes

San Antonio, TX – April 17, 2002 – Do you think you may be overweight? Are you at risk for Diabetes? Take action right now by measuring your waist. Regardless of your height, if you are an adult female and your waist is over 35 inches or an adult male and your waist is over 40 inches, you are increasing your chances of getting diabetes. How can a large waist increase your risk of getting diabetes?

When fat builds up around your middle and your waist increases to over 35 inches in adult females or over 40 inches in adult males, this fat keeps your insulin from working. When your insulin does not work, your blood sugar goes up because the sugar cannot get into your muscles. This happens very slowly as you gain weight. To fix this the body makes more insulin. In some people the insulin cells wear out, their blood sugar goes up, and they get diabetes. The bad news is that this is very common - one in four San Antonians has it. The good news is you only need to lose 5-10% of your current weight to lower your chances of getting diabetes.

Unfortunately, there is not a simple test, such as “measure your waist”, that will determine if a child is at risk for diabetes. Children share the same genes as their parents and often times the same dietary habits, because of this, an adult that is at risk for diabetes may have a child that is also at risk for diabetes. Speak to your family physician about the risks to you and your children or seek advice from a local agency that offers free diabetes screening.

Hotline Numbers – To call if you think you are at risk for diabetes:

Texas Diabetes Institute – Free Screenings: 358-7200
University Hospital: 358-2337

Healthy Tips for the Month:

- Start eating smaller portions of food (i.e. If you normally eat a full plate of food try eating 2/3 of a plate instead).
- Drink lots of water during the day and before, during and after exercise. You should drink at least 8 big glasses of water every 24 hours.
- Walk out your door when you get home from work and don't stop walking for 15 minutes. When you turn around and come home you will have walked for 30 minutes. Do this every day after work and you will lose weight and feel great! Parents, take your children with you. It will not only provide your children with exercise, but it will also give you an opportunity to spend some quality time with your family.

Free Healthy Activities - April is Fiesta month and there are lots of FREE ways to join in on healthy activities including:

- April 18 – CTRC Prostate Cancer Screenings at East Pointe Medical Center. Free to men over 50 or African-American men over 40 and men over 40 with family history of the disease. For more information 616-5500 or www.ctrcc.saci.org

- April 20 – 21st Annual Caminada de Fiesta 10K Walk (6.2 miles) 7:30am-4pm at Army Medical Museum Fort Sam Houston. Free. 651-6536 or lward10km@aol.com
- April 20 – Walk Across Texas at San Antonio Botanical Garden 9am-1pm. Free. 829-5100 or www.sabot.org
- April 24 – Senior Fiesta 10am-3pm at South Park Mall. Free. 222-0301
- April 27 – Conference on Health Choices 10am-2pm at St. Philips College. Free. 496-0191
- April 26 – Fiesta Square Dance and Round Dance 7-10pm at Henry B. Gonzales Convention Center. Free. 680-3959 or www.aasrda.org

Other big events going on during Fiesta are:

- April 27 – Fiesta Flambeau Fandango 3-mile Run – 6:20pm on Parade Vanguard Route. 493-5522 or <http://sarunner.home.texas.net/calendar.htm>

FOR MORE INFORMATION ON ALL FIESTA EVENTS – www.fiesta-sa.org, 227-5191 or 1-877-723-4378

Just for Kids:

- April 19 – 2002 Spurs Basketball Camp deadline to get the Spurs Bonus Kit (first 450 kids). Camps run June 3-August 9. Call 554-7794, 1-800-688-SPUR, www.nba.com/spurs
- Cool program – “Kids Challenge Helps Families Slim Down” with Methodist Health System. For more information: 575-7371 or www.mhshealth.com

Don't Forget!:

- April 1-May 9 is Hike and Bike to School Period. Part of Bexar County Hike and Bike Week. For more information call Bicycle Mobility Task Force 227-8651.
- Walk San Antonio is a free resource for anyone who wants to join a walking group. There are free monthly incentives and body assessments as well. Have fun with your co-workers, neighbors or friends and be a part of the fastest growing walking program in San Antonio! Call 358-7278 for more information.